

Bridgewater Recreation in cooperation with Soccer Centers presents...

Field Hockey Programs

at Soccer Centers (just a half mile off Route 287)

Three ways to register! In person at the Bridgewater Recreation Department (Municipal Building – 700 Garretson Road) 9am to 5pm Monday to Friday, drop registration off in the “REC” mailbox located around back of Municipal Building before or after office hours, or via postal service.

Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

Bridgewater Recreation Department P.O. Box 6300/700 Garretson Road – Bridgewater, NJ 08807 (908) 725-6373 office hours 9am to 5pm Monday to Friday www.bridgewaternj.gov

Field Hockey Programs

at Soccer Centers (just a half mile off Route 287)

These programs are held at Soccer Centers (300 Memorial Drive) – Take I-287 to exit 12 at the end of the ramp make a left onto Weston Canal Road, at the first light make a left onto Cottontail Lane, go 7/10 of a mile and make a right onto Memorial Drive, Soccer Centers will be ahead at the end of the street.

Dutch Field Hockey Program

The Bridgewater Recreation Department in conjunction with Soccer Centers will be hosting field hockey training for girls in 5th grade to High School (2005-2006 school year). Training will be led by Ingrid Alkhoven. These 8-week clinics will include sessions for both the advanced and beginner players. Participants are required to bring their own field hockey sticks, mouth guard and shin guards.

Session #1: Thursdays, September 7, 14, 21, 28, October 5, 12, 19, and 26, 2006.

Session #2: Thursdays, November 9, 16, 30, December 7, 14, 21, 28, 2006, and January 4, 2007.

Session #3: Thursdays, January 11, 18, 25, February 1, 8, 15, 22, and March 1, 2007.

5th & 6th grade will be held from 5:30-6:30pm (for Session 3 only), 7th & 8th grade from 6:30-7:30pm (for Sessions 1, 2, and 3), High School from 7:30-8:30pm (for Sessions 2 and 3 only).

Each session costs \$130.00 for Bridgewater Residents or \$150.00 for Out-of-Town Residents, checks made payable to "Soccer Centers."

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Field Hockey Programs

checks payable to "Soccer Centers"

Last Name: _____ First Name: _____
Mailing Address: _____ Town: _____ Zip: _____
Home Address: _____ Parent _____
Phone #: () _____ Work #: () _____
Parent Cell #: () _____ Parent E-mail _____
Address: _____
Circle Grade as of _____
September 2006: 3 4 5 6 7 8 9 10 11 12

Dutch Field Hockey Program \$130 Bridgewater / \$150 Out-of-Town Session #1 <input type="checkbox"/> 7 th & 8 th Grade Session #2 <input type="checkbox"/> 7 th & 8 th Grade <input type="checkbox"/> High School Session #3 <input type="checkbox"/> 5 th & 6 th Grade <input type="checkbox"/> 7 th & 8 th Grade <input type="checkbox"/> High School	Field Hockey New Program! \$90 Bridgewater / \$60 Bridgewater (no package) Session #2 <input type="checkbox"/> 3 rd & 4 th Grade <input type="checkbox"/> 5 th & 6 th Grade	Developmental Field Hockey \$225 Bridgewater \$245 Out-of-Town <input type="checkbox"/> 3 rd & 4 th Grade <input type="checkbox"/> 5 th & 6 th Grade	Winter Indoor (High School) Field Hockey League \$135 player / \$1300 team <input type="checkbox"/> Session #1 <input type="checkbox"/> Session #2
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Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

Parent/Guardian Signature

Date

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Field Hockey – New Program!

This six week program designed for first time or beginner players will be held at Soccer Centers in Somerset, NJ. The program will be run by Ingrid Alkhoven US Field Hockey U16 Futures coach and KNHB licensed. Participants will learn the basics of field hockey, rules, stick handling, and shooting but in a fun filled session. The program is created to not only introduce the player to the sport but make it enjoyable to play as well. 3rd and 4th grade will be held from 4:30-5:30pm and 5th and 6th grade from 5:30-6:30pm.

Session 2: Thursdays, October 19, 26, November 2, 16, 20, and December 7, 2006.

Each session costs \$90.00 for Bridgewater Residents with a Stick, Ball, Mouth Guard, and Shin Guards or \$60.00 for Bridgewater Residents without the package, checks made payable to "Soccer Centers."

Field Hockey Developmental Program

This twelve week program is for 3rd – 6th grade. The program is designed for the all-around young athlete and is to be considered developmental. There will be emphasis placed on the vision of the game. Scrimmages will include team building techniques. There will be ball contact to improve technical skill. The program is created to take the young player to the next level of Field Hockey play. The program will be run by Ingrid Alkhoven US Field Hockey U16 Futures coach and KNHB licensed.

Session dates: Wednesdays, October 18, 25, November 1, 8, 15, 29, December 6, 13, 20, January 3, 10 & 17, 2007

Each session costs \$225.00 for Bridgewater Residents. Equipment needed: Stick, shin guards and a mouthpiece. Checks made payable to "Soccer Centers".

Winter Indoor Field Hockey League

This High School Field Hockey League is held each Sunday at Soccer Centers in Somerset. High school games will run between 11:00am and 4:00pm. Players should bring a stick, shinguards and mouthpiece. Registration for the high school program is limited to high school aged players only. League coordinator is Ingrid Alkhoven.

Session 1: December 2, 9, 16, 23, 30, 2006, January 13, 20, and 27, 2007.

Session 2: February 3, 10, 17, 24, March 3, 10, 17, and 24, 2007.

Registration can be made as an individual player or as a team. Each session costs \$135.00 per player or \$1300.00 per team (up to 14 players), checks made payable to "Soccer Centers." Fees include all ref costs. If signing up as a team, please fill out a registration form for each player and staple all forms together.

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